

**Protein Bar– *lemon***

**DIRECTIONS:** One or two bars per day for healthy snacking and weight loss. For variety, try our other delicious protein-rich snacks, too.

**INSTRUCCIONES:** Una o dos barras al día para disfrutar un bocadillo saludable y perder de peso. Para variar, también pruebe nuestros otros bocadillos ricos en proteínas.

## Nutrition Facts

Serv Size: 1 bar (40 g), Amount per Serving: **Calories** 150, Fat Cal. 60, **Total Fat** 6 g (9% DV), Saturated Fat 3.5 g (18% DV), **Cholesterol** >5 mg (1% DV), **Sodium** 110 mg (5% DV), **Potassium** 90 mg (3% DV), **Total Carbohydrate** 16 g (5% DV), Dietary Fiber 2 g (8% DV), Sugar 5 g, Sugar Alcohols 5 g, Other Carbohydrates 4 g, **Protein** 12 g (24% DV), Vitamin A 20%, Vitamin C 20%, Calcium 20%, Iron 25%, Vitamin E 40%, Vitamin K 20%, Thiamin 20%, Riboflavin 20%, Niacin 20%, Vitamin B6 20%, Folate 20%, Vitamin B12 20%, Biotin 20%, Pantothenic Acid 20%, Phosphorus 15%, Iodine 20%, Magnesium 15%, Zinc 20%, Selenium 20%, Copper 25%, Manganese 25%, Chromium 20%, Molybdenum 20%. Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** SOY PROTEIN ISOLATE, CALCIUM CASEINATE, MODIFIED PALM AND PALM KERNEL OILS, WHEY PROTEIN ISOLATE, SUGAR, GLYCERIN, POLYDEXTROSE, OLIGOFRUCTOSE, HYDROGENATED STARCH HYDROLYSATE, WATER, GROUND ALMONDS, HONEY, SOY LECITHIN, CONTAINS 2 PERCENT OR LESS OF CANOLA OIL, SKIM MILK POWDER, MILK MINERAL CONCENTRATE, NATURAL FLAVORS, SOYBEAN OIL, MALIC ACID, POTASSIUM LACTATE, YOGHURT SOLIDS, CITRIC ACID, MONO- AND DIGLYCERIDES, MAGNESIUM OXIDE, MIXED TOCOPHEROLS, POTASSIUM SORBATE, ASCORBIC ACID, COPPER GLUCONATE, SALT, FERRIC ORTHOPHOSPHATE, DL-ALPHA-TOCOPHERYL ACETATE, MALTODEXTRIN, TURMERIC, BIOTIN, SUCRALOSE (NON-NUTRITIVE SWEETENER), NIACINAMIDE, ZINC OXIDE, BETA-CAROTENE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, PHYTONADIONE, PYRIDOXINE HYDROCHLORIDE, MANGANESE SULPHATE, RIBOFLAVIN, THIAMIN MONONITRATE, POTASSIUM IODIDE, CYANOCOBALAMIN, CHROMIUM CHLORIDE, FOLIC ACID, SODIUM MOLYBDATE AND SODIUM SELENITE.

Manufactured in a facility that processes peanuts, various nuts and seeds.

**Protein Bar– *chocolate fudge***

**DIRECTIONS:** One or two bars per day for healthy snacking and weight loss. For variety, try our other delicious protein-rich snacks, too.

**INSTRUCCIONES:** Una o dos barras al día para disfrutar un bocadillo saludable y perder de peso. Para variar, también pruebe nuestros otros bocadillos ricos en proteínas.

## Nutrition Facts

Serv Size: 1 bar (40 g), Amount per Serving: **Calories** 150, Fat Cal. 60, **Total Fat** 6 g (9% DV), Sat. Fat 3.5 g (18% DV), **Cholest.** 0 mg (0% DV), **Sodium** 85 mg (4% DV), **Potassium** 125 mg (4% DV), **Total Carb.** 12 g (4% DV), Dietary Fiber 3 g (12% DV), Sugar 1 g, Sugar Alcohols 5 g, Other Carb. 3 g, **Protein** 12 g (24% DV), Vitamin A 20%, Vitamin C 20%, Calcium 15%, Iron 25%, Vitamin E 20%, Vitamin K 20%, Thiamin 20%, Riboflavin 20%, Niacin 20%, Vitamin B6 20%, Folate 20%, Vitamin B12 20%, Biotin 20%, Pantothenic Acid 20%, Phosphorus 20%, Iodine 20%, Magnesium 15%, Zinc 20%, Selenium 20%, Copper 20%, Manganese 20%, Chromium 20%, Molybdenum 20%. Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** CASEIN, GLYCERIN, HYDROGENATED STARCH HYDROLYSATE, MODIFIED PALM AND PALM KERNEL OILS, OLIGOFRUCTOSE, SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, MILK PROTEIN CONCENTRATE, MALTITOL, COCOA POWDER PROCESSED WITH ALKALI, POLYDEXTROSE, NATURAL FLAVORS, WATER, SOY LECITHIN, CONTAINS 2 PERCENT OR LESS OF GROUND ALMONDS, CANOLA OIL, UNSWEETENED CHOCOLATE, MILK MINERAL CONCENTRATE, COCOA BUTTER, SOYBEAN OIL, DEXTROSE, MONO- AND DIGLYCERIDES, POTASSIUM LACTATE, MAGNESIUM OXIDE, LICORICE ROOT EXTRACT, ASCORBIC ACID, SALT, COPPER GLUCONATE, FERRIC ORTHOPHOSPHATE, DL-ALPHA-TOCOPHERYL ACETATE, MALTODEXTRIN, BIOTIN, MIXED TOCOPHEROLS, SUCRALOSE (NON-NUTRITIVE SWEETENER), NIACINAMIDE, ZINC OXIDE, BETA-CAROTENE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, PHYTONADIONE, PYRIDOXINE HYDROCHLORIDE, MANGANESE SULPHATE, RIBOFLAVIN, THIAMIN MONONITRATE, POTASSIUM IODIDE, CYANOCOBALAMIN, CHROMIUM CHLORIDE, FOLIC ACID, SODIUM MOLYBDATE AND SODIUM SELENITE.

Manufactured in a facility that processes peanuts, various nuts and seeds.

**Protein Bar– *peanut butter***

**DIRECTIONS:** One or two bars per day for healthy snacking and weight loss. For variety, try our other delicious protein-rich snacks, too.

**INSTRUCCIONES:** Una o dos barras al día para disfrutar un bocadillo saludable y perder de peso. Para variar, también pruebe nuestros otros bocadillos ricos en proteínas.

## Nutrition Facts

Serv Size: 1 bar (40 g), Amount per Serving: **Calories** 150, Fat Cal. 50, **Total Fat** 6 g (9% DV), Sat. Fat 2.5 g (13% DV), **Cholest.** 0 mg (0% DV), **Sodium** 170 mg (7% DV), **Potassium** 140 mg (4% DV), **Total Carb.** 16 g (5% DV), Dietary Fiber 2 g (8% DV), Sugar 1 g, Sugar Alcohols 11 g, Other Carb. 2 g, **Protein** 12 g (24% DV), Vitamin A 20%, Vitamin C 20%, Calcium 20%, Iron 25%, Vitamin E 50%, Vitamin K 20%, Thiamin 25%, Riboflavin 20%, Niacin 25%, Vitamin B6 20%, Folate 20%, Vitamin B12 20%, Biotin 20%, Pantothenic Acid 20%, Phosphorus 20%, Iodine 20%, Magnesium 15%, Zinc 20%, Selenium 20%, Copper 25%, Manganese 35%, Chromium 20%, Molybdenum 20%. Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** MALTITOL SYRUP, SOY PROTEIN ISOLATE, PEANUT FLOUR, PEANUT BUTTER (GROUND PEANUTS), HYDROGENATED STARCH HYDROLYSATE, MODIFIED PALM AND PALM KERNEL OILS, GLYCERIN, WHEY PROTEIN ISOLATE, CASEIN, MILK PROTEIN CONCENTRATE, MALTITOL, NATURAL FLAVORS, OLIGOFRUCTOSE, CONTAINS 2 PERCENT OR LESS OF POLYDEXTROSE, MILK MINERAL CONCENTRATE, COCOA POWDER PROCESSED WITH ALKALI, WATER, SOY LECITHIN, MONO- AND DIGLYCERIDES, CANOLA OIL, SALT, DEXTROSE, POTASSIUM LACTATE, MIXED TOCOPHEROLS, SOYBEAN OIL, MAGNESIUM OXIDE, CITRIC ACID, ASCORBIC ACID, COPPER GLUCONATE, FERRIC ORTHOPHOSPHATE, DL-ALPHA-TOCOPHERYL ACETATE, MALTODEXTRIN, BIOTIN, SUCRALOSE, NIACINAMIDE, ZINC OXIDE, BETA-CAROTENE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, PHYTONADIONE, PYRIDOXINE HYDROCHLORIDE, MANGANESE SULPHATE, RIBOFLAVIN, THIAMINE MONONITRATE, POTASSIUM IODIDE, CYANOCOBALAMIN, CHROMIUM CHLORIDE, FOLIC ACID, SODIUM MOLYBDATE AND SODIUM SELENITE.

Manufactured in a facility that processes peanuts, various nuts and seeds.

**Protein Bar– *chocolate coconut***

**DIRECTIONS:** One or two bars per day for healthy snacking and weight loss. For variety, try our other delicious protein-rich snacks, too.

**INSTRUCCIONES:** Una o dos barras al día para disfrutar un bocadillo saludable y perder de peso. Para variar, también pruebe nuestros otros bocadillos ricos en proteínas.

## Nutrition Facts

Serv Size: 1 bar (40 g), Amount per Serving: **Calories** 150, Fat Cal. 60, **Total Fat** 7 g (11% DV), Sat. Fat 5 g (25% DV), **Cholest.** <5 mg (1% DV), **Sodium** 95 mg (4% DV), **Potassium** 95 mg (3% DV), **Total Carb.** 15 g (5% DV), Dietary Fiber 2 g (8% DV), Sugar 1 g, Sugar Alcohols 10 g, Other Carb. 2 g, **Protein** 12 g (24% DV), Vitamin A 20%, Vitamin C 15%, Calcium 20%, Iron 20%, Vitamin E 40%, Vitamin K 20%, Thiamin 20%, Riboflavin 20%, Niacin 20%, Vitamin B6 20%, Folate 20%, Vitamin B12 20%, Biotin 20%, Pantothenic Acid 20%, Phosphorus 15%, Iodine 20%, Magnesium 15%, Zinc 20%, Selenium 20%, Copper 20%, Manganese 25%, Chromium 20%, Molybdenum 20%. Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** GLYCERIN, COCONUT PIECES, WHEY PROTEIN ISOLATE, HYDROGENATED STARCH HYDROLYSATE, SOY PROTEIN ISOLATE, POLYDEXTROSE, CASEIN, MODIFIED PALM AND PALM KERNEL OILS, MILK PROTEIN CONCENTRATE, MALTITOL, OLIGOFRUCTOSE, WATER, CALCIUM CASEINATE, CONTAINS LESS THAN 2 PERCENT OF NATURAL FLAVORS, COCOA POWDER PROCESSED WITH ALKALI, MILK MINERAL CONCENTRATE, SOY LECITHIN, CANOLA OIL, MONO- AND DIGLYCERIDES, SOYBEAN OIL, DEXTROSE, MAGNESIUM OXIDE, POTASSIUM LACTATE, MIXED TOCOPHEROLS, POTASSIUM SORBATE, ASCORBIC ACID, COPPER GLUCONATE, FERRIC ORTHOPHOSPHATE, DL-ALPHA-TOCOPHERYL ACETATE, MALTODEXTRIN, SALT, SUCRALOSE (NON-NUTRITIVE SWEETENER), BIOTIN, NIACINAMIDE, ZINC OXIDE, BETA-CAROTENE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, PHYTONADIONE, PYRIDOXINE HYDROCHLORIDE, MANGANESE SULPHATE, RIBOFLAVIN, THIAMINE MONONITRATE, POTASSIUM IODIDE, CYANOCOBALAMIN, CHROMIUM CHLORIDE, FOLIC ACID, SODIUM MOLYBDATE AND SODIUM SELENITE.

Manufactured in a facility that processes peanuts, various nuts and seeds.

### Soup Mix - *creamy chicken flavor*

**DIRECTIONS:** Empty content of one packet into a large cup or mug. Add 6 to 8 fl. oz. of very hot water and stir until smooth. For microwave preparation, empty contents of one packet into a microwave-safe cup or bowl. While stirring, slowly add 6 to 8 fl. oz. of cold water. Heat at high power for 1 to 1 ½ minutes and enjoy! Make Soup Mix with less water and use as a tasty sauce over steamed vegetables, poultry or meat. For variety, try our other delicious protein-rich snacks, too.

**INSTRUCCIONES:** Vacíe el contenido de un sobre en un plato o taza grande. Agregue 6 a 8 oz. fl. de agua caliente. Revuelva hasta que se disuelva. Para preparar en el horno de microondas, vacíe los contenidos de un sobre en un plato o taza para uso en horno de microondas. Agregue despacio 6 a 8 oz. fl. de agua fría mientras revuelve para que se disuelva. Caliente en el horno de 1 minuto a 1 ½ y disfrute! Use menos agua para hacer esta sopa y la puede disfrutar como salsa sobre vegetales cocidos, pollo o carne. Pruebe también nuestros otros bocadillos ricos en proteína.

## Nutrition Facts

Serving Size: 1 packet (22 g)	
Amount per Serving	
Calories 70	
Calories from Fat 5	
% Daily Value*	
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Cholesterol less than 5 mg	1%
Sodium 500 mg	21%
Potassium 160 mg	5%
Total Carbohydrate 1 g	1%
Dietary Fiber 0 g	0%
Sugar 1 g	
Sugar Alcohols 0 g	
Other Carbohydrates 0 g	
Protein 16 g	32%
Vitamin A 0% • Vitamin C 0%	
Calcium 20% • Iron 4%	

**INGREDIENTS:** TOTAL MILK PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, HYDROLYZED GELATIN, SALT, ONION POWDER, HYDROLYZED CORN PROTEIN (CONTAINS THIAMIN HYDROCHLORIDE, LACTIC ACID), HYDROLYZED WHEAT PROTEIN (CONTAINS AUTOLYZED YEAST EXTRACT, NATURAL FLAVORS), CONTAINS 2 PERCENT OR LESS OF: POTASSIUM BICARBONATE, NATURAL AND ARTIFICIAL FLAVORS, SILICON DIOXIDE, SODIUM ALGINATE, XANTHAN GUM, GUAR GUM, SPICE EXTRACTIVES AND GREEN ONION FLAKES.

### Roasted Soy Nuts - *original flavor*

**DIRECTIONS:** Enjoy one or two packets of nutritious Roasted Soy Nuts as a daily snack. For variety, try our other delicious protein-rich snacks, too.

**INSTRUCCIONES:** Disfrute diariamente como bocadillo uno o dos sobres de los nutritivos Roasted Soy Nuts. Para variar, pruebe también nuestros otros bocadillos ricos en proteína.

## Nutrition Facts

Serving Size: 1 packet (28 g)	
Amount per Serving	
Calories 130	
Calories from Fat 35	
% Daily Value*	
Total Fat 5 g	8%
Saturated Fat 0.5 g	3%
Cholesterol 0 mg	0%
Sodium 80 mg	3%
Potassium 600 mg	17%
Total Carbohydrate 9 g	3%
Dietary Fiber 5 g	28%
Sugar 2 g	
Sugar Alcohols 0 g	
Other Carbohydrates 2 g	
Protein 11 g	22%
Vitamin A 0% • Vitamin C 0%	
Calcium 5% • Iron 9%	

**INGREDIENTS:** ROASTED SOY NUTS, CANOLA OIL AND CARDIA® SALT (SODIUM CHLORIDE, POTASSIUM CHLORIDE, MAGNESIUM SULFATE HEPTAHYDRATE, L-LYSINE MONOHYDROCHLORIDE AND SILICON DIOXIDE).

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	Calories	2,000	2,500
Total Fat	Less Than	65 g	80 g
Sat. Fat	Less Than	20 g	25 g
Cholesterol	Less Than	300 mg	300 mg
Sodium	Less Than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:

Fat 9  
•  
Carbohydrate 4  
•  
Protein 4

### Beverage Mix - *wild berry*

**DIRECTIONS:** Empty contents of one packet into a glass. Add 6 to 8 fl. oz. of water and stir until dissolved. For variety, try our other delicious protein-rich snacks, too.

**INSTRUCCIONES:** Vacíe el contenido de un sobre en un vaso. Agregue 6-8 oz. fl. de agua y revuelva hasta que se disuelva. Para variar, pruebe también nuestros otros deliciosos bocadillos ricos en proteína.

## Nutrition Facts

Serving Size: 1 packet (20 g)	
Amount per Serving	
Calories 70	
Calories from Fat 0	
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 40 mg	2%
Potassium 75 mg	2%
Total Carbohydrate 3 g	1%
Dietary Fiber 0 g	0%
Sugar 0 g	
Sugar Alcohols 0 g	
Other Carbohydrates 3 g	
Protein 15 g	30%
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

**INGREDIENTS:** HYDROLYZED GELATIN, WHEY PROTEIN CONCENTRATE, CITRIC ACID. CONTAINS 2 PERCENT OR LESS OF: RED BEET POWDER COLOR, NATURAL FLAVOR, POTASSIUM CITRATE, MALIC ACID, SOY LECITHIN, SILICON DIOXIDE, ACESULFAME POTASSIUM (NON-NUTRITIVE SWEETENER), LEMON JUICE SOLIDS, TURMERIC OLEORESIN COLOR, SUCRALOSE (NON-NUTRITIVE SWEETENER) AND CANTHAXANTHIN COLOR (DEXTRIN, SUCROSE, GELATIN (FISH), STARCH TRISODIUM CITRATE, CORN OIL, ASCORBYL PALMITATE, SODIUM ASCORBATE, TOCOPHEROL ACETATE).

### Beverage Mix - *peach mango*

**DIRECTIONS:** Empty contents of one packet into a glass. Add 6 to 8 fl. oz. of water and stir until dissolved. For variety, try our other delicious protein-rich snacks, too.

**INSTRUCCIONES:** Vacíe el contenido de un sobre en un vaso. Agregue 6-8 oz. fl. de agua y revuelva hasta que se disuelva. Para variar, pruebe también nuestros otros deliciosos bocadillos ricos en proteína.

## Nutrition Facts

Serving Size: 1 packet (19.5 g)	
Amount per Serving	
Calories 70	
Calories from Fat 0	
% Daily Value*	
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Cholesterol 10 mg	3%
Sodium 40 mg	2%
Potassium 70 mg	2%
Total Carbohydrate 2 g	1%
Dietary Fiber 0 g	0%
Sugar 0 g	
Sugar Alcohols 0 g	
Other Carbohydrates 2 g	
Protein 15 g	30%
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

**INGREDIENTS:** HYDROLYZED GELATIN, WHEY PROTEIN CONCENTRATE, CITRIC ACID. CONTAINS LESS THAN 2 PERCENT OF: MALIC ACID, NATURAL AND ARTIFICIAL FLAVORS, POTASSIUM CITRATE, SOY LECITHIN, ACESULFAME POTASSIUM (NON-NUTRITIVE SWEETENER), BETA CAROTENE COLOR, SILICON DIOXIDE, TURMERIC OLEORESIN COLOR, RED BEET POWDER COLOR, SUCRALOSE (NON-NUTRITIVE SWEETENER).

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